

Recipe Name: Aamras Ki Kadhi Recipe - Mango Kadhi Recipe

Diet Type:

Course: Dinner

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Aamras - (mango puree)	2
• 1/4 cup Curd (Dahi / Yogurt)	
• 2 tablespoon Gram flour (besan)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 3 cups Water	
• 2 Dry Red Chilli	
• 1/4 teaspoon Asafoetida (hing)	
• 1/4 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Red Chilli powder	
• 1 inch Ginger - finely chopped	
• 1 sprig Curry leaves	
• 2 teaspoon Ghee	
• Salt - to taste	

Preparation

- To begin making the Aamras Ki Kadhi recipe, first whip up the aamras, curd, besan, turmeric powder and water in a medium bowl to a fine paste with no lumps.
- Pour the Aamras mixture into a saucepan, add the salt and whisk continuously until the aamras kadhi begins to thicken.
- It is important to keep whisking it until the kadhi thickens, to prevent lump formation.
- Bring the Aamras Kadhi into a roaring bowl for a couple of minutes.
- After that, turn the heat to low and simmer for a good 10 minutes, so all the flavors come together.
- Heat ghee in a tadka pan over medium heat; add cumin seeds, dry red chilli and curry leaves.
- Allow the mustard seeds to crackle.
- Pour this tadka over the Aamras Kadhi and give it a quick stir.



- Check the salt to taste and adjust accordingly.
- Once done, turn off the heat and transfer the Aamras Kadhi into a serving bowl and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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